

Before:

A topic I want to address with my provider:

a symptom? an issue with treatment? a communication problem? wanting more information?

I think it will take about _____ minutes to discuss.

It's important to me that _____

what big goal do you have? what outcome do you want from this discussion?

During:

What options are there to address that issue & meet that goal?

Option 1: _____

Benefits: _____ Risks: _____

Option 2: _____

Benefits: _____ Risks: _____

Option 3: _____

Benefits: _____ Risks: _____

I will know a particular choice is working because:

a symptom changed? a behavior changed? people notice something is different? change in the environment?

I would like to make a decision by _____

when?

After:

Today, it was helpful to talk about _____

Next time, it might be helpful to _____

something for the provider to do? something for you to do? different focus or style?

I'd like to review this issue _____ to see if this approach is working.

when?